



**Third Annual  
Healthy Schools  
Innovation Awards  
Ceremony**

*May 19, 2010  
6-8pm  
The Bain Center*

# Ceremony Program

## Welcome & Remarks

Dr. Peter Beilenson  
Health Officer

Dr. Sydney Cousin  
Superintendent

Hon. Ken Ulman  
County Executive

## Honoree Recognition

Elementary & Middle School Applicants from each of the following 5 categories:

1. Nutrition
2. Physical Activity
3. Mental Health
4. Safety
5. Environmental Health

## Awards Presentation

Meet the 2010 Innovation Award Winners

## Closing Remarks

Ms. Samantha O'Neil

*Meet the 2010 Healthy Schools Honorees—  
a brief description of each school is provided in this program.*

## The Healthy Howard Initiative & Healthy Schools

**The Healthy Howard Initiative** is a community-based initiative that works to improve health for those who live, work, learn and play in our county. Launched in 2007 by the County Executive and Health Officer, we seek to build a model public health community through the advancement of “healthy” policies at the institutional level.

### Healthy Schools

Schools are an integral part of a child’s development and an invaluable asset to parents and the community. **Healthy Schools** was developed to award schools that have displayed extraordinary commitment to improving the health and well-being of students and staff in five areas:

1. Nutrition
2. Physical Activity
3. Mental Health
4. Safety
5. Environmental Health

The **Healthy Schools** designation means that a school has demonstrated a strong commitment to advancing policies and procedures related to health and wellness. These schools engage with parents and students to develop their programs, and they model best practices for other schools in our county.

**Healthy Schools** was developed by the Howard County Health Department, in collaboration with HCPSS, the School Health Council, Howard County Board of Education, PTA Council of Howard County, and the Howard County Nutrition and Physical Activity Coalition.

### Healthy Schools Innovation Awards

Innovation Awards are given to schools for an original school-wide program with a demonstrated positive impact on school health. This year, elementary and middle schools applied to have their programs recognized by an Innovation Award. A community-based awards panel evaluated applications and selected award winners based on the following criteria:

- Degree of innovation;
- Degree of community involvement;
- Ability of program to serve as model for other schools;
- Program developed measurable goals; and
- Program aligned with overall school priorities

**Congratulations to this year’s  
Healthy Schools and Innovation Award Winners!**

## **Meet the 2010 Healthy Schools Honorees**

### **Elementary School Honorees**

#### **Atholton Elementary School**

Building off of its inaugural success of "Are you Fitter than an Atholton Panther?" the Physical Education department launched the Before-School Intramural Program in 2009 to allow children in grades 4-5 to play group sports before the start of the school day. There have been close to 40 students each 4 week session and sessions include volleyball, kickball, four square, soccer, floor hockey, and lacrosse. Students are taught rules and participants organize their own teams, are trained to call their own fouls, and keep score. All students are encouraged to participate, including those with disabilities.

#### **Bellows Spring Elementary School**

The Watch D.O.G.S (Dads of Great Students) program began in 2007 to encourage fathers, grandfathers, uncles, or other father figures to volunteer at least one day at Bellows Spring at which time they monitor the students as they enter the building, assist with loading/unloading of cars/buses, monitor the lunch room, supervise and play with students at recess, and/or help in the classroom.

#### **Bollman Bridge Elementary School**

Wendel's Fitness Club (WFC) was created in 2008 to address low FITNESSGRAM results. The Fitness Club teaches games that keep students active after school as well as encourages them to play and teach games in the community. It is an after-school program offered twice a week for 5 weeks, totaling 10 sessions that splits time between learning about a health topic (e.g. ways to reduce and handle stress, eating healthy, planning healthy meals, making good choices) and participation in a game or activity. The program had a 89.5% attendance rate and FITNESSGRAM test scores improved the following year.

#### **Centennial Lane Elementary School**

In partnership with Burleigh Manor Middle and Centennial High, Centennial Lane Elementary spearheaded the county's first district wide Community Supported Agriculture (CSA) that would bring locally grown farm fresh produce directly to the Centennial Community. Breezy Willow Farm in West Friendship was determined to be most able to accommodate the production of demands of a large scale CSA. 98 school families, teachers, and community members participated in the fall 2009 program and the spring CSA is currently underway.

#### **Clemens Crossing Elementary School**

The "Lifelong Healthy Living Program" is a multifaceted program designed to address the national problem of obesity in young children by making students aware of the need for physical fitness and healthy living. The Pumpkin Run, is a 1-mile run/walk held annually in the fall. Students in 3<sup>rd</sup>-5<sup>th</sup> grade (accommodations permit children with special needs to participate as well) train in physical education class for several weeks in advance and are taught to identify important components necessary for cardiovascular endurance. CCES also hosts Walking Thursdays which provides time for students to walk/run during the school day at recess in a non-competitive manner. Also, interested Fifth Grade students can be involved in a before school December volleyball tournament and March Madness basketball tournament as a culminating activity for the respective PE units.

#### **Dayton Oaks Elementary School**

Dayton Oaks' Walking Program began in 2007 as a way to motivate students to increase physical activity during recess. The students' walking progress is recorded and achievements are recognized. Staff and parents are welcomed to join the kids. During its third year, 333 students walked 763 miles- a comparable distance from the East Coast to just outside of St. Louis, Missouri. The integration of health, math, and geography led to cross curricular connections as students learned the benefits of walking to physical fitness and as they tracked distances on a graph.

# **Meet the 2010 Healthy Schools Honorees**

## **Elementary School Honorees (cont.)**

### **Fulton Elementary School**

In conjunction with Carbonfund.org, a non-profit organization which supports efforts to reduce carbon emissions and change practices towards energy independence, the Fulton Elementary PTA created the Carbon-Free Green PTA program. This Green PTA effort is multifaceted and intended to address the larger school goals of enhancing student relationships, increasing community bonds, and integrating sustainability into classroom instruction. FES has an after-school club of about 30 students and their families which provides hands-on opportunities to learn sustainable practices. They also developed a rain garden where teachers can engage students in hands-on learning for math, science, and other subjects.

### **Guilford Elementary School**

The Tuesday Morning Program began in early October 2009 in an effort to cultivate the parents of the youngest GES students to be actively involved. The goal of the program was to increase family involvement by offering information, resources and workshops to families of Pre-K through 1st Grade. The Thursday Morning Walk n' Talk regularly brings out a group of 10 parents, a third of which are Spanish speaking, to walk around the backfield of GES for about an hour. The weekly average for steps is around 3,500.

### **Hollifield Station Elementary School**

Recess before Lunch (RBL) Program began in the 2007-2008 school year and allowed students in all grades to have time for recess before the scheduled lunch period. The RBL program is still currently taking place at Hollifield and continues to show improvement in classroom behavior and reductions in nurses' room visits.

### **Jeffers Hill Elementary School**

The goal of the Jeffers Hill Indoor Recess Program is to incorporate indoor recess activities to engage students' minds as well as their physical well-beings. For this program, two carts, one for grades K-2 and the other for grades 3-5, are assembled and contain games, art activities, and DVDs showing exercise, dance, and "Mind in Motion." JHES partnered with New Vision Martial Arts to coordinate activities and events to build students' skills in concentration, effective communication, and non-violent conflict resolution while improving physical fitness.

### **Laurel Woods Elementary School**

For the past few years, 10-15 5<sup>th</sup> grade students have been selected each year based on academic performance and good citizenship skills to be trained as "Asset All Stars." This program provides training to these students to be teachers in the classroom, focusing on mental health supports such as problem solving strategies, confidence building, communication skills, and conflict resolution. The goal of the program is to have student peers work with other students to empower them to make good decisions and use their problem solving skills.

### **Manor Woods Elementary School**

Manor Woods students and staff have committed to the responsibility of creating, promoting, and maintaining a healthy environment through recycling programs throughout the school. Two of these programs are the paper recycling competition and the Elmer's Glue Crew. Another way students learned about recycling (as well as compassion) is through the "Stomp out Homelessness" event. Students collected and sold to recycling facilities and proceeds were given to Habitat for Humanity of Howard County.

## **Meet the 2010 Healthy Schools Honorees**

### **Elementary School Honorees (cont.)**

#### **Northfield Elementary School**

The Student Health and Wellness Program (SHAW) is a combination of many activities which gives students more opportunities to make healthy decisions and to give opportunities for parents to discuss healthy decision making with their children. Activities held throughout the year include the Spring Break Family Wellness Challenge, Traveling Tuesdays Recess Walking Program, 12 Days of Winter Break Challenge, TV Turn-off Week and the Wellness Wise Webpage.

#### **Phelps Luck Elementary School**

Created three years ago in partnership with Howard High School, Phelps Luck established "Athletes for Achievement." The goals of the program are to reinforce reading, writing, and social skills by providing students with positive mentors/role models and to instill a purpose for learning and a motivation to achieve. Howard High School Varsity and JV basketball teams mentor Phelps Luck students during the year. This mentoring program has shown improvement in reading and writing skills through county assessments, classroom scores and teacher observations, while advancing the health and wellness of the students by building positive behavior, self-esteem and motivation.

#### **Pointers Run Elementary School**

*Dance, Dance Revolution* (DDR) is a dance simulator activity that is used at Pointers Run Elementary School (PRES) to increase physical activity in students and staff, and motivate them to lead a physically active lifestyle through fitness and dance. DDR is used during indoor recess to increase students' physical activity and create an organized environment, before and after school DDR fitness programs through PTA, and at other special events, such as Girls/Boys Night Out, Field Day, Developmental Assets Fair, classroom celebrations, and Staff Wellness Day.

#### **Rockburn Elementary School**

"The Golden Shoe Race" is a 1 mile race that takes place in October of each year. The goals of this program are: 1) to encourage all students, in every grade, to do their best in fitness and health, 2) to help students learn to support their peers in a positive way, 3) to teach students to engage in healthy competition that promotes "doing the best you can," 4) to promote health among families as they are all invited to run and support their children, 5) to show that doing the best you can, includes giving to the community (through the food drive), and 6) to make the required mile fitness test fun for students.

#### **St. John's Lane Elementary School**

The "Mind and Muscles" (or "M&M") program at St. John's Lane Elementary School, implemented by Paula Stehle, a Reading Specialist at St. John's Lane, seeks to promote a healthy balance between physical and mental activity among all students. Monthly calendars are distributed to the students where they record their physical activity and mental activity (reading) over a six-month period. The "mind" goal is to read for 15-20 minutes, five times each week, and the "muscles" goal is to exercise for 15-20 minutes, three times each week.

#### **Swansfield Elementary School**

The "Swansfield Striders" program began in October 2005 to meet the Surgeon General's recommendation of 60 minutes of activity per day by providing a structured recess program along with a walk to school initiative. The program encouraged students to walk and bicycle to school on Wednesdays, and also gave the opportunity to walk and/or run a ¼ mile course during recess. Roughly 85% of the student population participate in the programs and Swansfield has assisted other schools implement similar programs over the years through its Walking Toolkit which explains how to develop and implement the program.

## **Meet the 2010 Healthy Schools Honorees**

### **Elementary School Honorees (cont.)**

#### **Talbott Springs Elementary School**

During the 2009-2010, school year, the Talbott Springs student services and “green” teams launched a collaborative school-wide effort to improve the physical and mental health of students and staff. Many programs are offered throughout the year including “Trot for Talbott,” a 1-mile fun run and family wellness fair. “Fitness Fridays,” is another program aimed at encouraging students to use their recess time to challenge themselves to run laps outside. Also, a bulletin board was created in the staff lounge and staff was asked to list favorite ways to build exercise into their daily lives. The board became a source of spirited discussion centered on physical fitness, which then translated into an increased awareness and focus of conversation with students.

#### **Thunder Hill Elementary School**

The Thunder Hill community participated in National Walk to School Day for the past two years in which 85% of the student body walked to school along designated routes or rode the bus to decrease the amount of exhaust that is put into the atmosphere. Thunder Hill also began a program entitled “Trash-Free Tuesdays” and created a recycling program. Also, students at Thunder Hill created light switch plates which remind staff and other students to turn off the lights when not in the room to conserve energy. Students have planted and are maintaining a water garden which absorbs contaminants that may end up in the natural water supply.

#### **Waverly Elementary School**

The goal of the “We Promote Health” activities is to provide multi-faceted educational and life-changing experiences for the Waverly school community. The activities include: Walking Wednesdays program, the 7<sup>th</sup> annual Waverly Elementary School Staff Wellness Day, and staff Lunch and Learn sessions. A school counselor wrote, “The Wellness Day at Waverly Elementary was the most fun and relaxing day I’ve ever experienced at work. This is my 11<sup>th</sup> year working for the HCPSS and in that time, I’ve never experienced a staff Wellness Day like this.”

#### **West Friendship Elementary School**

West Friendship Elementary School started “Waste-Free Lunches” program during the 2008-2009 school year. Initially, a group of 5<sup>th</sup> grade students were involved in this program. They researched the impact of waste in our environment and also analyzed how much waste was generated by the students in the school on a daily basis. Using the data from their research, the group of students wrote persuasive essays to parents, faculty and students in order to increase awareness of the problem and to encourage waste-free lunches. Instead of bringing lunches in single-use baggies, paper napkins and disposable lunches, they are encouraged to use cloth napkins, reusable utensils and lunch bags. A webpage has been created on the school website with the data generated by the program.

## **Meet the 2010 Healthy Schools Honorees**

### **Middle School Honorees**

#### **Bonnie Branch Middle School**

Held annually for the past four years, the Wellness Program at Bonnie Branch Middle School promotes and advances mental wellness opportunities for students. Students may choose from as many as 20 mental health workshops ranging from stress and anger management to yoga and relaxation techniques. Parents and community members are invited to participate in as well as present information in the mental health sessions. In the afternoon, the students participate in outdoor activities to teach them how their physical fitness is a key factor in their mental well-being. Wellness Day has also encouraged many students to develop mental health exploration projects through the Gifted and Talented program.

#### **Burleigh Manor Middle School**

As a recipient of the National PTA Healthy Lifestyles grant, Burleigh Manor Middle implemented a week long program to support students in their efforts to increase their awareness and practice of healthy living. Held during American Education Week, the goals of the program were to increase healthy living through increased awareness of specific health goals and opportunities through education and encouragement and to increase and maintain physical activity among 10-14 year olds. 5 programs were offered in November and consisted of healthy activities including: "Meditation Monday," "Teaching Tuesday," "Walking Wednesday," "Thirsty Thursday," and "Fresh Fruit Friday." Community guest speakers were invited each day to educate the students and teachers.

#### **Clarksville Middle School**

Food on the 15th is a service program that involves students in the collection, sorting, bagging, and supervised delivery of food to senior citizens at the Morningside Apartments in Jessup, MD. Fliers were originally circulated to seniors at Morningside and forty-five expressed interest in participating in the program. The forty-five seniors who live in these apartments are economically disadvantaged and approximately 15, or one-third are also diabetic. This program not only educates students about the variety of assistance programs that are available for income eligible individuals, but it also raises awareness of diabetes and diabetic food choices among the senior population.

#### **Dunloggin Middle School**

In 2007, Dunloggin Middle introduced students to the importance of breakfast to help increase academic achievement especially during testing periods. The Maryland Student Achievement Test Breakfast Program is used to help students stay focused and increase memory during testing sessions. The program has been offered to students for the past three years and the PTA has provided financial support to purchase the breakfast items. Since the induction of the program, students have increased their reading scores from 84.00 in 2006 to 92.70 in 2009 and math scores from 82.60 in 2006 to 91.70 in 2009 on the M.S.A.T.

#### **Elkridge Landing Middle School**

Elkridge Landing demonstrates its dedication to physical fitness through the BWI Airport Walk/Run, Turkey Trot, and After School Intramural programs. Each year, over 350 students participate in Intramural programs that provide safe and healthy after-school alternatives for students. ELMS intramurals provide a "safe place" for students to learn new skills and appreciate the value of fitness for a lifetime.

#### **Glenelg Country School**

Created in 2003, The Maryland Youth Partners in Change program (MYPIC) between Glenelg Country School and the Barclay School pairs 16 students from each school in a three year leadership and service learning initiative that is designed to build a bridge between the privileged private school students and urban public school students. Administrators from both Glenelg Country School and the Barclay School recommend the program for incoming sixth grade students so they are involved with the program for a three year cycle. The program not only increases educational knowledge, but enhances social skills and a sense of community responsibility among the participants.



## **Meet the 2010 Healthy Schools Honorees Middle School Honorees (cont.)**

### **Glenwood Middle School**

Glenwood Middle School's "Go Girl" Program introduces middle school girls to life-long physical fitness activities. The "Go Girl" program began as a pilot in the spring of 2009 where the participants met two times per week for 7 weeks during after school hours. The goals when initiating the program included increasing individual student's physical fitness levels and promoting awareness of health, wellness, and nutrition, with the ultimate goal of promoting life-long fitness. The program was so successful after the initial year, Glenwood staff decided to offer the program in the fall of the 2009-2010 school year.

### **Hammond Middle School**

In an effort to implement the PBIS framework known as "PRIDE" (**P**repared to learn, **R**esponsible for actions, **I**ntegrity, **D**irection followed, **E**arn and give respect), Hammond Middle implemented a number of programs to assist students with academic and social support throughout the year. Part of the PRIDE initiative is the "Check In/Check Out Programs" which allows Viking Club and STEP (**S**tudents, **T**eachers **E**ncouraging **P**rogress) students to be paired with mentors who focus on organization and study skills to help them become confident, independent learners. This year, Hammond Middle expanded their SisBro program to include a student mentoring component between 7<sup>th</sup> and 8<sup>th</sup> grade students and 6<sup>th</sup> grade students. The SisBro STEP group began with 4 pairs and has now expanded to 30 pairs. The older students assist the 6<sup>th</sup> graders with homework, study skills, help discuss issues or concerns, and on some days go to lunch or recess together.

### **Harper's Choice Middle School**

Harper's Choice Middle School encourages students to participate in multiple activities to promote mental health. One such program is the "Lunch Bunch" which invites a select group of students who may not be comfortable with social situations to meet at lunch in an effort to facilitate positive peer relationships and to improve social skills. Also available at Harper's Choice is a Boys Group and Girls Group which focuses on the needs of adolescent males and females. In Boys Group, the focus is on the adoption of appropriate school behavior, respect for authority, anti-bullying values, and increased self-esteem. The Girls Group is a personal development program developed to address the issues of self-esteem, communication skills, interpersonal relationships, and human sexuality.

### **Lime Kiln Middle School**

Lime Kiln Middle School's "Recess on the Move" Program was created in the 2008-09 school year and was offered to any interested 7<sup>th</sup> grade girl. The program, led by local personal trainer, Lisa Martin of Wellness Evolution, was offered over a ten week period during lunch periods. The second year of Recess on the Move, which was held in the fall 2009, was condensed to 6 weeks. The program provides personal training during lunch for young women and provides a safe and nurturing environment for these women to learn fitness habits and health facts. The participants receive valuable information to share with their families regarding diet and the importance of structured and regular exercise. The program had a total of 40 participants, many of which have shown improvement in their baseline fitness test scores.

### **Mayfield Woods Middle School**

Mayfield Woods Middle School implemented many programs to promote physical activity over the years. For the past 6 years, an after school intramural program has been offered to both boys and girls that's led by the P.E. Department. Most recently, MWMS implemented "Play 60", a program sponsored by the NFL and National Dairy Council which provides information and resources for kids to improve their nutrition and increase their physical fitness. Each of the 250 6<sup>th</sup> grade students and their teachers were challenged to increase their physical activity by 60 minutes or 6,000 steps per day. MWMS continues to hold Wellness in the Woods, an annual event targeted to 7<sup>th</sup> grade students and their families to increase their physical fitness and health.

## **Meet the 2010 Healthy Schools Honorees**

### **Middle School Honorees (cont.)**

#### **Mount View Middle School**

For the past 7 years, Mount View Middle School has held races twice per year to promote physical activity. The annual Rabbit Run and Turkey Trot events are offered to students, staff, family members, and the community. These events are both 1 mile walk/runs held during the spring and fall, respectively. Two years ago, students worked with the GT resource teacher to produce a promotional film to increase support and participation among the student body for these events. Now, students compete each year in a school wide contest to promote the school's running events. The running programs became so popular in the school that an intramural after-school cross-country team was created several years ago. The intramural is still being offered to students and the school added a spring track program for students. The intramural cross-country team and their families also participate in an annual Festival of Lights Walk/Run every year at Christmas-time.

#### **Murray Hill Middle School**

Murray Hill Middle School's Resource Conservation Program began in 2006 and includes two main student groups who focus on environmental health of the school as well as the extended families who live in the Murray Hill community. The first student group called "The Green Team" is made up of 32 6th-8th grade students who participate in environmental education through the GT instructional seminar. The second group, "The Green Engineers" consists of 25 6th grade students (who rotate every quarter) who participate in environmental education through morning seminar classes and are responsible for collecting recycling throughout the school and monitoring school energy usage. The goal of this program is to educate students on the impact our daily lives have on the environment and to execute ideas to help reduce the school's waste and energy usage. Since implemented, surveys have shown that students and teachers are recycling more in school and at their homes, powering down electronics when not in use, and encouraging others to do the same.

#### **Oakland Mills Middle School**

During the school year of 2008-2009, Oakland Mills Middle School designed and implemented a new program to promote physical activity and healthy lifestyles. The staff designed a fieldtrip to visit the Y of Central Maryland. The goal of the Y field trip was to expose students to a variety of physical activities, some of which are not available through the traditional physical education curriculum. The hope was that students would find at least one activity that would keep them physically active for their lifetime.

#### **Patapsco Middle School**

Patapsco Middle School's "Keen to be Green" Seminar was created by a social studies and GT teacher to provide students with educational opportunities on environmental health and encourages the entire school to recycle and practice being "green" in the building. The seminar has been offered for the past two years and has increased recycling in the school by over 100%. The participating 7<sup>th</sup> and 8<sup>th</sup> grade students who participate in this seminar have been working on several campaigns this year including, letter writing initiatives to persuade the school system to use only recycled paper products to save trees and create a market for recycled paper, as well as developing a plan to encourage Howard County residents to use their own cloth bags when shopping versus plastic and paper. This past year, the FACS art classes engaged in reinforcing environmental health education by having the students design and sew reusable, cloth tote bags to discourage the use of plastic or paper. In addition to the tote bags, 8<sup>th</sup> grade students also sewed pillows that were donated to the American Cancer Society and were given to cancer patients.

## **Meet the 2010 Healthy Schools Honorees**

### **Middle School Honorees (cont.)**

#### **Patuxent Valley Middle School**

Patuxent Valley Middle School offers three specific programs to help students increase their physical activity levels throughout the school year. The first, "Hoops for Heart Fitness Awareness Day," is an annual event organized by the Applied Academics. Students learn about heart health and the benefits of increased exercise and also raise money for the American Heart Association. The second program offered is "8th Period" an after-school activity that combines physical activity with learning. One hour of this two-hour program is dedicated to physical activity and the other hour is spent helping students who are struggling academically get further help with their schoolwork. Lastly, Patuxent Valley hosts the Lacy-Graves Tennis Tournament, which is a county-wide middle school tennis tournament now in its 10<sup>th</sup> year. This event is used to promote health and wellness to its students and the community in honor of a former student's mother who passed away due to the side effects of hypertension.

#### **Wilde Lake Middle School**

In 2005, Wilde Lake implemented the PBIS program to promote safety and positive behavior in the school. Children are taught behaviors that are expected in school and are rewarded on a daily basis for demonstrating positive behaviors. One of the programs that supports the PBIS framework is "Gotcha." "Gotcha" is a rewards based program that encourages students to engage in positive behaviors in order to receive "Tiger Shark Bucks" which go towards participation in dance and computer labs, among other activities. Since the program began, there has been a decline in office referrals and suspensions. It has been awarded the Gold PBIS Award by the state as an exemplar program.

*The Howard County Health Department and Howard County Public School System wish to thank the following organizations for their support of the Healthy Howard Initiative and 2010 Healthy Schools Innovation Awards Ceremony:*

Plaque Maker  
Absolute Party Rental  
Bain Center  
Overlea Caterers  
Howard County PTA  
Howard County Board of Education  
Howard County Board of Health  
Howard County teachers, parents, and students

*We would also like to thank the following individuals who reviewed the 2010 Healthy Schools applications:*

Phillip Dodge  
Melba Phipps  
Phyllis Smelkinson  
Salma Waheed  
Barbara Wasserman  
Debbie Yare